



TRAINING PLAN

12

Stay lean and fast till the New Year

Use this focused, time-efficient plan to stay fit without eating into festive family time

December and January are traditionally months when it is very hard to live like a triathlete. Although many of us have time off work, it can be a frantic family time and combined with irregular pool and gym opening hours, short days and poor weather, it's very hard to stay motivated into the New Year.

The purpose of this training plan, adapted from a sprint-distance triathlon programme, is to give your training focus over the coming weeks. Although many of the sessions are

tailored towards building speed, the main aim is to stave off the mid-off-season blues by injecting a bit of pace to your workouts. As long as you've maintained a level of fitness since the end of the summer you shouldn't have any trouble completing them – and if you're struggling you can just turn down the intensity since the idea is to work as hard as you'd like to.

There are three key sessions per week, during which you'll be instructed to either run, swim or bike hard for short bursts. These are the ones that'll make you fast. There are also some

easier sessions, when you train at lower speeds but with good technique. It's important to make a distinction between the two types of sessions, so you recover on the easy days and attack the hard ones. If keeping your body fat down over the festive period is a priority, then don't worry about the kind of workouts you're doing – the most important thing is that you keep training regularly.

Beyond the six weeks, you can build on this plan gradually towards your first sprint or Olympic-distance race of the 2015 season. Just make sure you follow the same pattern, taking an easier week every fourth week to allow your body to adapt, and build up the duration and intensity of workouts in small increments to avoid injury.

Swap the workouts around if it helps you fit them in. The important thing is that you allow yourself adequate time to recover. If you feel excessively tired, take two days off initially.

For simplicity's sake the swims are given as Main Set only. In addition you should incorporate a warm up and warm down – a few hundred metres of front crawl, drills, backstroke and kicking. And for warm downs, do at least five minutes of gentle swimming in any stroke you like.

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IS THIS PLAN
FOR YOU?

Goal
Stay fit and motivated with minimum time commitment

Timescale
6 weeks

Start point
Cycle 90mins,
Run 40mins,
Swim 400m
non-stop

Level
Intermediate

6 WEEK PLAN TRAINING ZONES GUIDE

DESCRIPTION	HEART RATE (%MAX)	RPE 1-10	ACCUMULATED	INTENSITY
Z1 Recovery	55-70	<2	1-6hrs	Easy
Z2 Endurance	70-75	2-3	1-3hrs	Steady
Z3 Tempo	75-80	3-4	50-90mins	Comfortable
Z4 Threshold	80-88	4-6	10-60mins	Uncomfortable
Z5 Vo ₂ max	89-100	>7	12-30mins	Hard to very hard

KEY

WU Warm up, MAIN Main set, WD Warm down, FC Front crawl, PULL Front crawl with a pull-buoy float between your thighs, KICK Kick with a float held out in front, SECS seconds, Z1 Training Zone 1, Z2 Training Zone 2 Z3 Training Zone 3, Z4 Training Zone 4, Z5 Training Zone 5, DRILL Your preference of swim technique drill, BUILD Do each rep slightly faster than the previous, BACK Backstroke, BREAST Breaststroke



	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 1	Mon	Swim	MAIN 3x(4x50m FC sprint in Z5 + 45secs rests, 200m PULL Z1)	Strength	20-30mins home strength workout using bodyweight: try push-ups, lunges, squats, planks
	Tue	Run	WU 15mins in Z2 MAIN 10mins in Z2/Z3 WD 15mins in Z2		RECOVERY
	Wed	Swim	MAIN All with 15secs rests: 100m FC Z2, 100m KICK Z2, 200m PULL Z2, 100m KICK Z2, 400m FC Z2, 100m KICK Z2, 200m PULL Z2, 100m KICK Z2, 100m FC Z2		RECOVERY
	Thur	Run	WU 5mins in Z2, 5mins as (15secs in Z4, 45secs in Z2) MAIN 3x(5x200m in Z5 + 20secs rests) + 3mins rests WD 5mins in Z2		RECOVERY
	Fri		RECOVERY	Stretch	Group yoga or stretch class
	Sat	Bike	Steady 1hr road ride in Z2		RECOVERY
	Sun	Bike	WU 15mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 2x10mins in low Z4 + 5mins rest in Z1 WD 15mins in Z2		RECOVERY
WEEK 2	Mon	Swim	MAIN 8x100m FC as (50m Z5, 50m Z2) + 15secs rests, 300m as (25m KICK Z2, 50m FC Z3), 4x100m FC as (50m Z2, 50m Z5) + 15secs rests	Strength	20-30mins home strength workout using bodyweight: try push-ups, lunges, squats, planks
	Tue	Run	WU 15mins in Z2 MAIN 15mins in Z2/Z3 WD 15mins in Z2		RECOVERY
	Wed	Swim	MAIN All with 15secs rests: 400m FC Z3, 100m KICK Z2, 300m PULL Z3, 200m as (50m BACK, 50m BREAST) Z2, 300m as (25m KICK, 50m FC) Z2, 200m FC Z3		RECOVERY
	Thur	Run	WU 5mins in Z2, 5mins of (15secs in Z4, 45secs in Z2) MAIN 7x400m in Z5 + 2mins jog rests WD 5mins in Z2		RECOVERY
	Fri		RECOVERY	Stretch	Group yoga or stretch class
	Sat	Bike	Steady 1hr to 1hr 30mins road ride in Z2		RECOVERY
	Sun	Bike	WU 15mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 6x3mins in Z5 + 3mins rests in Z2 WD 5mins in Z2		RECOVERY
WEEK 3	Mon	Swim	MAIN 10x100m (50m FC Z4, 50m FC Z2) + 20secs rests	Strength	20-30mins home strength workout using bodyweight: try push-ups, lunges, squats, planks
	Tue	Run	WU 10mins in Z2 MAIN 10mins in Z2/Z3 WD 10mins in Z2		RECOVERY
	Wed	Swim	MAIN All with 15secs rests: 400m FC in Z2, 300m PULL in Z3, 200m BACK/BREAST in Z2, 100m KICK in Z3		RECOVERY
	Thur	Run	WU 5mins in Z2, 5mins of (15secs in Z4, 45secs in Z2) MAIN 2x(5x200m in Z5 + 20secs rests) + 2mins rests WD 5mins in Z2		RECOVERY
	Fri		RECOVERY	Stretch	Group yoga or stretch class
	Sat	Bike	Steady 1hr to 1hr 30mins road ride in Z2		RECOVERY
	Sun	Bike	WU 15mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 10mins in low Z4 WD 10mins in Z2		RECOVERY



	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 4	Mon	Swim	MAIN 6x200m alternating (50m FC in Z3, 50m PULL in Z2, 50m FC in Z5, 50m PULL in Z1) +30secs rests	Strength	20-30mins home strength workout using bodyweight: try push-ups, lunges, squats, planks
	Tue	Run	WU 15mins in Z2 MAIN 20mins in Z2/Z3 WD 15mins in Z2		RECOVERY
	Wed	Swim	MAIN All with 15secs rests: 100m FC Z2, 100m KICK Z2, 200m PULL Z2, 100m KICK Z2, 400m FC Z2, 100m KICK Z2, 200m PULL Z2, 100m KICK Z2, 100m FC Z2		RECOVERY
	Thur	Run	WU 5mins in Z2, 5mins of (15secs in Z4, 45secs in Z2) MAIN 2x(5x300m in Z5 +30secs rests) +3mins rests WD 5mins in Z2		RECOVERY
	Fri		RECOVERY	Stretch	Group yoga or stretch class
	Sat	Bike	Steady 1hr road ride in Z2		RECOVERY
	Sun	Bike	WU 15mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 2x15mins in low Z4 + 5mins rest in Z1 WD 5mins in Z2		RECOVERY
WEEK 5	Mon	Swim	MAIN 4x100m FC in Z4 +30secs rests, 4x100m KICK in Z3 +30secs rests, 4x100m PULL in Z4 +30secs rests	Strength	20-30mins home strength workout using bodyweight: try push-ups, lunges, squats, planks
	Tue	Run	WU 15mins in Z2 MAIN 10mins in Z2/Z3 WD 15mins in Z2		RECOVERY
	Wed	Swim	MAIN 10x200m as (100m FC in Z2, 50m FC in Z4, 50m FC in Z2) +30secs rests		
	Thur	Run	WU 5mins in Z2, 5mins of (15secs in Z4, 45secs in Z2) MAIN 4x800m in upper Z4 +3mins jog rests WD 5mins in Z2		RECOVERY
	Fri		RECOVERY	Stretch	Group yoga or stretch class
	Sat	Bike	Steady road ride in Z2		RECOVERY
	Sun	Bike	WU 15mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 4x5mins in upper Z4 + 3mins rest in Z2 WD 10mins in Z2		RECOVERY
WEEK 6	Mon	Swim	MAIN 5x200m as(100m FC Z4, 100m FC Z2) +45secs rests	Strength	20-30mins home strength workout using bodyweight: try push-ups, lunges, squats, planks
	Tue	Run	WU 10mins in Z2 MAIN 10mins in Z2/Z3 WD 10mins in Z2		RECOVERY
	Wed	Swim	MAIN All with 15secs rests: 400m FC in Z2, 300m PULL in Z3, 200m BACK/BREAST in Z2, 100m KICK in Z3		RECOVERY
	Thur	Run	WU 5mins in Z2, 5mins of (15secs in Z4, 45secs in Z2) MAIN 3x400m in Z5 +2mins jog rests WD 5mins in Z2		RECOVERY
	Fri		RECOVERY	Stretch	Group yoga or stretch class
	Sat	Bike	Steady 1hr to 1hr 30mins road ride in Z2		RECOVERY
	Sun	Bike	WU 15mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 3x3mins in Z5 +3mins rests in Z2 WD 5mins in Z2		RECOVERY